

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ SEPTEMBER 2015 ~

CELEBRATE LIFE WITH US!

***This September, we celebrate our 40th Anniversary
& National Senior Center Month!***

***Join us for these events and more throughout the month
to discover why the Mansfield Senior Center is such a wonderful place
to learn, grow, and enjoy your life!***

~ Kick Off Celebration with Bruce John on September 11th ~

~ Free Exercise classes the week of September 14th ~

~ Technology Presentation: Smartphones made Easy on September 15th at 10:00am ~

~ Celebrate Life Luncheon on September 16th ~

with Musical Guest Judy Hall,
a display of our incredibly talented Wood Carving Group's work,
& an opportunity to tour Ambulance 255,
an original 1916 Model T Ford with a newly constructed body

~ Let Your Yoga Dance Workshop on September 18th ~

~ Connecticut Day at the Big E on September 23rd ~

~ Financial Presentation: Money Smart for Older Adults on September 24th ~

40TH ANNIVERSARY CELEBRATION & LUNCHEON



~ Join us for a Commemorative Program at 11:00am ~



Enjoy a delicious Lunch of Pot Roast with Gravy, Mashed Potatoes,
Broccoli Spears, Dinner Rolls & a Special Dessert at 12:00pm

~ After lunch, celebrate with the music of *Center Stage* at 1:00pm ~

WEDNESDAY, SEPTEMBER 30TH

\$7.00 PER PERSON

Please purchase your ticket at the Senior Center before September 23rd

Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208
Town Website: www.mansfieldct.gov



MANSFIELD SENIOR & WELLNESS CENTER

HOURS:

**MONDAY THROUGH FRIDAY
8:30 AM TO 4:30 PM**

TEL: 860-429-0262

FAX: 860-429-3208

E-MAIL: SENIORCNTR@MANSFIELDCT.ORG

TOWN WEBSITE: WWW.MANSFIELDCT.GOV

SENIOR CENTER SUPERVISOR:

**SARAH TAYLOR
860-487-9874**

PROGRAM COORDINATOR:

**KRISTEN CARAMANICA
860-487-9872**

VOLUNTEER TRANSPORTATION COORDINATOR:

**GIANNA STEBBINS
860-487-9877**

RECEPTIONIST:

**KATHY YAFFEE
860-487-9870**

SITE SERVER:

**SHARON CARON
860-487-9876**

SOCIAL WORKER:

**KATHY ANN EASLEY, LMSW
860-487-9873**

OUTREACH WORKER:

**SARAH DUFRESNE
860-487-9875**

Senior Center Update

From Sarah Taylor, Senior Center Supervisor

In 1974, a small group of dedicated Mansfield residents started a conversation. They talked about the needs of the elderly in Mansfield; they created a Committee on Aging to advise the Town Council; and they advocated for a central meeting place for Seniors. With great pride, determination, support from the Town and a fair amount of elbow grease, this growing group of volunteers helped to open the Mansfield Senior Center on September 14th in 1975. Within a year, the membership at the one-room Senior Center grew from 30 to 124 members.

Today, as we celebrate our 40th Anniversary, we continue to grow and flourish. We honor all of the volunteers who, forty years ago, had the insight and energy to create the Mansfield Senior Center and the Mansfield Senior Center Association, and we celebrate all of our current volunteers who carry on this tradition. What started as a conversation has grown into a wonderful community resource with a wide variety of social, recreational and enrichment programs. Perhaps more importantly, it's grown into a place where Seniors learn, grow, laugh and connect with each other. We truly hope that you'll celebrate with us this month and explore all that the Mansfield Senior Center has to offer!

We hope to see you soon!

CHECK US OUT ON FACEBOOK!



In honor of National Senior Center Month, we're thrilled to announce that we have officially launched the Mansfield Senior Center Facebook Page! Check out our page often for interesting stories, program & event information and an opportunity to connect with local resources & organizations for Seniors!

*Free Copies of SPARKS
are always available at the
Senior Center, the Library, the
Community Center & the Town Hall.*

*Or, look us up online at:
www.mansfieldct.gov
Click on "View all Featured Links," and
then "Mansfield Senior Center"*

The Mansfield Senior Center Association, Inc. (MSCA) is a non-profit group of Seniors located at the Mansfield Senior Center. The Association sponsors a number of activities at the Senior Center each month, raises funds to help with purchases for the Senior Center and to support programming, and plans special programs in conjunction with the Senior Center staff. There are no membership dues, but you must be 55 years of age or older to join. To become a member, simply stop by the Senior Center and register. Please consider joining us - we welcome all Seniors to participate in our various activities, and we are always looking for good volunteers!

**MANSFIELD SENIOR CENTER
ASSOCIATION, INC.
EXECUTIVE BOARD MEMBERS
1 JULY 2015 TO 30 JUNE 2017**

PRESIDENT:	JEAN ANN KENNY
VICE PRESIDENT:	LINDA WOHLLEBE
IMMEDIATE PAST	
PRESIDENT:	RITA BRASWELL
SECRETARY:	BEVERLY GOTCH
FINANCE OFFICER:	JEAN ANN KENNY
TREASURER:	JEAN ANN KENNY
ASSNT. TREASURER:	KATHY RULE
MEMBER-AT-LARGE:	CINDY SCHAFFER

COMMITTEE CHAIRS

TRAVEL:	KAY WARREN
PROGRAM PLANNING:	JOAN DOIRON
WAYS & MEANS:	BETTY SAVAGE
MEMORIAL COMM.:	LINDA WOHLLEBE
COMPUTER COMM.:	ROTATING
SPARKS COMMITTEE:	RITA BRASWELL
SPARKS SUBSCRIPTION	
MANAGER:	KATHY RULE

**MSCA Executive Board & Association
Meeting Schedule**

ASSOCIATION MTG	SEPTEMBER 9 TH AT 12:45PM
EXECUTIVE BOARD	SEPTEMBER 9 TH AT 1:30PM
EXECUTIVE BOARD	OCTOBER 14 TH AT 1:00PM
EXECUTIVE BOARD	NOVEMBER 10 TH AT 1:00PM
ASSOCIATION MTG	DECEMBER 9 TH AT 12:45PM
EXECUTIVE BOARD	DECEMBER 9 TH AT 1:30PM

MANSFIELD SENIOR CENTER ASSOCIATION, INC.
Greetings from MSCA

It's time to get ready for the new year! School, memberships, and plans begin after relaxing in the summer.

I want to thank the volunteers who were able to help with the Mini Bazaar: Betty Savage, Silvania Brescia, Linda Wohllebe and Kathy Rule. I truly appreciate the work and time they put in.

In September, the Mansfield Senior Center Association Executive Board meeting will be on Wednesday, the 9th at 1:00pm. It is the 40th Anniversary of the Senior Center and the Association and we will celebrate on the 30th with a special luncheon, entertainment and recognition of the grass roots group who had the desire and foresight to begin and develop the Mansfield Senior Center. They raised funds to furnish the Center after the Town acquired money and agreed to build the building.

I thank all who volunteer and assist in running the various activities, we couldn't do it without you!

Sincerely,
Jean Ann Kenny, President

**ORDER YOUR BLUEBERRIES
BY SEPTEMBER 8TH FOR A
SEPTEMBER 16TH DELIVERY!**



TAX AID VOLUNTEERS NEEDED!

Volunteers are needed for the upcoming AARP/IRS tax preparation season! Come join a great group of volunteers in helping to prepare tax returns for Seniors and low-income area residents. We meet at the Senior Center on Mondays & Wednesdays during tax season. You will receive complete training on the IRS software and on the job training.

If interested, call Local Coordinator
Claire Gates At 860-429-1898.

MEALS ON WHEELS VOLUNTEERS NEEDED!

Help deliver meals to homebound Seniors.
Deliveries are made mid-day
Monday through Friday.

If interested, please call Site Server
Sharon Caron at 860-429-0262, ext.8

Special Events

DINNER & ENTERTAINMENT WITH OUR LOCAL FAVORITE BRUCE JOHN!



ON THE MENU:

Pub Burger, Baked Beans, Potato Salad
& Fudge Brownie Sundaes

~ September 11th ~

Dinner at 5:00pm

Entertainment at 6:00pm

\$7.00 PER PERSON

*Please purchase your ticket at the
Senior Center before September 4th*



JOIN US FOR A FESTIVE AFTERNOON AS WE CELEBRATE LIFE IN HONOR OF NATIONAL SENIOR CENTER MONTH!

Sing along to the Beautiful Melodies of
Songbird Judy Hall at 11:00am!

Admire the incredibly intricate work of our
Wood Carvers at their Wood Carving Display!

Take a tour of Ambulance 255,
an original 1916 Model T Ford
with a newly constructed body!

ON THE MENU:

Chicken Picatta, Rice Pilaf, Garden Salad
& Apple Spice Cake

~ SEPTEMBER 16TH ~

Entertainment at 11:00am

Lunch at 12:00pm

\$7.00 PER PERSON

*Please purchase your ticket at the
Senior Center before September 4th*

LET YOUR YOGA DANCE!



Give yourself the gift of attending a workshop combining slow flowing yoga postures with joyful natural movement accessible to everyone! Mindful breathing and soothing yoga postures will reduce stress and increase body awareness, flexibility and balance. You will also discover your inner dancer, and learn about the seven major chakras and how to activate inner energy. This workshop is for anyone and everyone who wants to learn yoga, feel joyful and at ease moving, and be in the company of positive and lighthearted companions.

Facilitated by Peggy Dillon, Certified Yoga Dance Teacher, licensed clinical social worker and proud member of both the Mansfield Senior Center Chorus and the Sparkettes.

SEPTEMBER 18TH AT 10:30AM

*Please wear loose, comfortable clothing and
bring a yoga mat if you have one.*

*There is no fee for this class, but, due to space limitations
we will need to limit it at 10 participants.*

Please register at 860-487-9870 by September 16th

EDWARD JONES PRESENTS:

MONEY SMART FOR OLDER ADULTS



HIGHLIGHTS:

- *Common types of elder financial exploitation
- *Scams targeting veterans
- *Identity theft
- *Medical identity theft
- *Scams that target homeowners
- *Planning for unexpected life events
- *How to be financially prepared for disasters

SEPTEMBER 24TH AT 1:00PM

Please call 860-487-9870 to register

Focus on Fitness

**FIT IS NOT A DESTINATION,
IT IS A WAY OF LIFE**

Walking DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!

Mondays 9:00-9:40am
Wednesdays 9:00-9:40am
Fridays 9:00-9:40am

There is no need to pre-register and no fee for this class.

Strength & Stability

This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.



Pre-registration is required.

Tuesdays 8:30-9:30am
5 Classes—\$20R/\$25NR

Thursdays 8:30-9:30am
4 Classes—\$15R/\$18NR

This class will be billed monthly

New

Walkie Talkies

Enjoy walking outdoors with Kristen! Starts September 15th.

Tuesdays 9:00-9:45am
Thursdays 9:00-9:45am

There is no need to pre-register and no fee for this class.

Senior Aerobics

This high energy class provides a complete cardio workout with a combination of standing exercises and mat work.



Pre-registration is required.

Mondays 9:00-10:00am
3 Classes—\$10R/\$12NR

Thursdays 3:15-4:15pm
4 Classes—\$15R/\$18NR

Power of Aging

This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

Pre-registration is required.

Tuesdays 11:00am-12:00pm
5 Classes—\$20R/\$24NR

Thursdays 12:30-1:30pm
4 Classes—\$15R/\$18NR



Tai Chi Cooperative Group

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

Wednesdays 10:00-11:00am

There is no need to pre-register and no fee for this class.

Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class.

Pre-registration is required.
This class is limited to 9 students.

Wednesdays 11:00am-12:00pm
5 Classes—\$20R/\$24NR

Tap Dancing for Seniors



Sparkettes Performing Group Class

This tap class is for dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills.

Pre-registration is required.

Mondays 10:15-11:45am
3 Classes—\$15R/\$18NR

Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork.

Pre-registration is required.

Wednesdays 1:00-2:00pm
5 Classes—\$20R/\$24NR

**** Resident and Non-resident Prices listed are for the month of September****

There will be no charge for classes during Senior Center Celebration Week

~ September 14th through September 18th ~

Stop in and try one out – your body & mind will thank you!

For more information on class registration, please call Senior Center Receptionist Kathy Yaffee at 860-487-9870

CREATIVE ARTS

Wood Carving

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit www.mysticcarvers.com.

Wednesdays at 9:30am

Quilting

Join this class and quilt all day! Whether it's a new project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order a take out lunch at a local restaurant.

**Mondays, September 14th & 28th
from 10:00 am-4:00pm**

\$30.00R/\$35.00NR per day

Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

Thursdays at 1:00pm

Knitting & Crocheting

Come enjoy knitting or crocheting with friends!

Fridays at 10:00 am

Art Studio

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

Fridays at 1:00pm

Craft Classes

**Cards & Wall Hangings
September 18th at 1:00pm**

**Decoupage Vases
September 25th at 1:00pm**

**\$5.00 per person/per class
All supplies will be provided.**

**Please register by calling 860-487-9870
at least one week prior to each class.**

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

Open to those 55 and above. There is no cost and no pre-registration required.

September 2nd from 11:30am-12:00pm

Podiatrist

Complete foot care & podiatric evaluations. Medicare will be billed if eligible.

September 8th & 22nd from 9:00am-12:00pm

Mini Spa

Michelle DeLuco of Kennedy & Co. Salon & Spa offers spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. The cost for a haircut is \$15., payable directly to Michelle at the time of the appointment. Hope Charette of Hope & Wellness Salon will also be here to offer manicures or pedicures. The cost for nail clipping is \$15., payable directly to Hope at the time of the appointment.

September 14th from 9:00am-12:00pm

Massage Therapy & Reflexology

Treat yourself to a massage or reflexology session and reap the health benefits! The cost for a 25-minute session is \$15.00.

September 16th from 9:00am-12:00pm

VNA East Adult Health Screenings

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

September 23rd from 1:00-3:00pm

**Please call 860-487-9870
for more information or to make
your appointment today!**

Are you interested in gaining practical skills to help you manage your Type 2 Diabetes?

A free diabetes education program in affiliation with the UConn School of Pharmacy will be presented at the Mansfield Senior Center! Sessions will be held in the Craft Room every other week for a total of 5 sessions starting on September 22nd.

All sessions will take place from 3:30-4:45pm.

To see if you qualify or to get more information, contact the student investigator, Stacie Noreika at 203-448-0880 or Stacie.noreika@uconn.edu.

This research is conducted under the direction of Marissa Salvo, PharmD, BCACP, Assistant Clinical Professor in the Department of Pharmacy Practice.

GROUPS & CLUBS

Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites and information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started!

This group meets on the **2nd Tuesday of each month at 10:00am.**

Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am.** Please call Dan Gebben at (860) 576-1122 for more information.

Senior Center Chorus

Looking for an opportunity to harmonically sing and perform soprano/alto/tenor/bass music? The Mansfield Senior Center Chorus will start rehearsing September 14th under the direction of music director Nathaniel Baker to prepare for our December concerts at local nursing homes, rehab facilities and Senior Centers. All practices and performances occur during daytime hours. Enjoy singing choral music whether you're a novice or accomplished singer! For more information on joining the Chorus please contact Stu Sidney at 860-429-7271 or Joan Doiron at 860-576-7754.

Mondays 1:30 - 3:00pm

Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group.

We hope to see you there!

Wednesdays at 10:00am

Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us for an hour of great conversation en français!

Wednesdays at 12:00pm

MOVIE DISCUSSION GROUP



The Movie Discussion Group will be continuing its Jack Nicholson theme with *As Good as It Gets*, which also stars Helen Hunt & Greg Kinnear. Come join us for this outstanding romantic comedy that will leave you smiling!

Refreshments will be provided

September 14th at 1:00pm



~ CARDS & GAMES ~

WII BOWLING

Mondays at 10:00am

Tuesdays at 10:00am

Thursdays at 10:00am

BRIDGE

Thursdays at 1:00pm

DUPLICATE BRIDGE

3rd Friday at 12:45pm

SCRABBLE

Tuesdays at 10:00am

Fridays at 10:00am

MAHJONGG

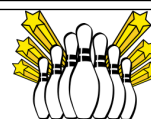
Mondays at 1:00pm

BINGO

Tuesdays at 1:00pm

**FRIENDLY SCRABBLE PLAYERS
SEEKING NEW PLAYERS FOR FUN
SENIOR-FRIENDLY GAMES!**

ALL ABILITIES ARE WELCOME!



CALLING ALL BOWLERS!

The Mansfield Senior Center
Wii Bowling Travel Team
needs you!

Starting in September, we'll travel to or host a different Senior Center Team once a month for some friendly competition and a chance to meet new friends! The league will run from September to April with a Tournament in May.

We're still looking for a few folks to round out our roster, so if you'd like to join this fun bunch, please see Kristen.

No experience necessary.



SEPTEMBER DAY TRIPS



“ADVENTUROUS” LUNCH BUNCH:

ABBOTTS LOBSTER IN THE ROUGH, MYSTIC, CT ~ September 1st from 11AM -3PM

Are you adventurous?! Come experience this lovely restaurant in the seaside village of Mystic. This legendary seafood restaurant is located on the banks of the Mystic River. *Menu available at receptionist desk.*

FASHION & FLOWERS AT NOAH WEBSTER HOUSE ~ September 3rd from 12:30PM - 5PM

This garden tea party is sure to be a treat! Six rarely seen dresses from the museum’s collection from the 1840s to the 1920s will be on display. Each will inspire a floral arrangement that complements the elegant table settings. Refreshments will include savory and sweet morels with both hot and cold teas. A brief presentation will be given on fashion from the Victorian to the Flapper eras. Admission \$20/person. **This event must be prepaid no later than Monday, August 31st.**

BUELL’S ORCHARD & LUNCH AT CORIANDER’S CAFÉ ~ September 4th from 11AM - 3PM

Come and experience this gem of a local farm! Pick your own peaches or early apples – full garden stand including honey, syrup, pies & baked goods, peppers, and other local garden delights. We’ll stop for lunch on the way at Coriander’s Café.

MYSTIC SAILING ADVENTURE ~ September 9th from 8:30AM – 4PM

Discover breathtaking scenery as you relax aboard the sailing ship ARGIA. Our half-day cruise will bring us by scenic coastlines and lighthouses or help the crew hoist and trim the sails aboard this elegant schooner. Each cruise includes complimentary snacks and lemonade. You may also bring your own beverages and food. Our interesting departure and return schedule coincides with the historic Mystic River drawbridge schedule. There will be an hour or so to explore the seafaring village of Mystic if you would like to have lunch. Admission \$45/person.

This event must be prepaid no later than Friday, September 4th.

WESTFARMS MALL & TRADER JOES ~ September 10th from 9:30AM – 3:30PM

Van will travel between Westfarms Mall and Trader Joes for those shoppers wishing to partake of both locations! Find a fun spot for lunch!!

LUNCH BUNCH: MRS. BRIDGES’ PANTRY, WOODSTOCK, CT ~ September 14th from 11AM – 3PM

This British tea shop will provide a one-of-a-kind lunch experience! The owner is originally from Staffordshire, England, and is providing both an authentic British tea room experience for lunch as well as a unique shopping experience in her food, teas, and giftwares. Come experience “a little slice of Britain” and a warm, friendly atmosphere in which to enjoy it!

Menu available at receptionist desk.

THIMBLE ISLANDS CRUISE, BRANFORD, CT ~ September 18th from 9:30AM 4:30PM

Due to an overwhelming response, we are offering this trip one more time this season! Welcome aboard! Enjoy this lovely cruise around 25 breathtaking islands! Be sure to bring a little snack to enjoy on board! We’ll stop for lunch at the Chowder Pot! Admission \$10/person.

MINI GOLF AND ICE CREAM, SOMERS, CT ~ September 21st from 12:30PM – 4:30PM

A timeless favorite for folks of all ages! We will travel to Sonny’s Place in Somers for some mini golf – come see if your game is “up to par!” Be sure to stop by the full-service ice cream parlor and get something sweet for yourself! Almost everyone loves ice cream – come enjoy one of your favorites from elaborate sundaes to a simple scoop of vanilla! Both hard and soft ice cream are available, as well as other treats such as frozen yogurt and Italian ice! Admission \$5/person.

SHARPE HILL VINEYARD & LUNCH AT VANILLA BEAN ~ September 25th from 11AM – 4PM

Come and visit Sharpe Hill Vineyard, the award winning winery of Connecticut’s Quiet Corner! Wine tastings are available – the full flight wine tasting is \$15/person and includes classic and limited production wines and your glass as a souvenir; or, try the 6-wine sampler at \$10/person, also with your glass as a souvenir. We will stop for lunch at the infamous Vanilla Bean Café prior to our visit to Sharpe Hill Vineyard.

Please Note:

Mansfield Residents aged 60 and over will be eligible to register immediately for upcoming trips.

One week (7 days) prior to the trip, the list will open for non-residents to register. If you are a non-resident, please have your name placed on the waiting list. Participants will be moved to the main list in the order in which they registered. If you have any questions or would like more information on any of these trips, please contact Transportation Coordinator Gianna Stebbins at 860-487-9877.

MSCA TRAVEL with KAY

Salem, Massachusetts

October 3rd ~

Enjoy a fall day on your own in Salem! Visit the shops & various museums, enjoy lunch at one of the restaurants and take in the history around you! The cost of this trip will cover the Motor Coach & driver tip; your meals and admission to the various museums will be on your own. Full payment is due at the time of registration. **\$48.00 pp**

Wait List Only

Quechee Gorge, Vermont

October 16th ~

Spend the day in beautiful Central Vermont! Package includes roundtrip Motor Coach & driver's tip, a visit to scenic Quechee Gorge, full course luncheon at Lake Morey Resort and a stop at the Vermont Country Store **\$79.00 pp**

Salute to our Veterans, West Springfield, Ma.

November 10th ~

Join us as we pay tribute and say thank you to our Veterans for their dedicated service to our Country. The show will feature patriotic songs, including Neil Diamond's *America*, Woody Guthrie's *This Land is Your Land*, *Let Freedom Ring* and many other timeless classics. Package includes Motor Coach, full-course sit down luncheon at the Carriage House and driver's tip. Choice of Yankee Pot Roast, Roast Turkey or Baked Scrod. **\$75.00 pp.**

Salem Cross Inn, West Brookfield, Ma.

December 3rd ~

Spend the afternoon dining in a centuries-old New England Inn surrounded by the wonderful feeling of the holidays! Package includes: motor coach, visit to the Oakwood Farm Christmas Barn, an Apple Pie demonstration, lunch at the Salem Crofts Inn, Monson Candle, meal taxes and gratuities, and driver tip. **\$75.00pp**

SAVE THIS DATE!

2016 Trips & Travel Fair

Door prizes and light refreshments will be served.

November 19th from 1:00-3:00pm

For more information on any of these trips, contact Kay Warren at 860-429-0262, ext. 6.

Kay is available at the Senior Center on Mondays, Wednesdays & Fridays from 8:30am-2:00pm

COMPUTER CLASSES

THE INTERNET & SKYPE

JOIN US FOR THIS INFORMATIVE 2-HOUR SEMINAR!

- Learn to surf the internet
- Learn about the different browsers
- Explore the powerful function of tab browsing
- Learn some secrets for safe internet exploration
- Learn to communicate with Skype

SEPTEMBER 1ST FROM 10AM-12PM

There is no charge for this class and no need to register

SMARTPHONES MADE EASY

Listen to the knowledgeable Verizon staff tell us about how Smartphones (iPhone & Android) can be useful and helpful to Seniors. Whether you already have a Smartphone, or are thinking about getting one, this seminar is for you! If you do have a Smartphone, please feel free to bring it along with questions!

Light Refreshments will be provided.

Bring a donation of school supplies and Verizon will give you a \$10 Verizon gift card!

SEPTEMBER 15TH AT 10:00AM

Please Register at 860-487-9870 by September 14th

TRAVEL PLANNING ON THE INTERNET

Explore the multiple resources available on the internet for planning your next vacation adventure! Whether traveling by car, plane, boat, train or bus, the internet can do it all!

Come enjoy a lively presentation on travel made easy and see the possibilities that await the Senior Globe Trotter! No computer necessary, just your wanderlust, paper and a pen.

SEPTEMBER 24TH FROM 10AM-12PM

There is no charge for this class and no need to register


~ PC HELP ~

EVERY MONDAY AT 10:00AM

FREE COMPUTER AND/OR DIGITAL CAMERA HELP IS AVAILABLE WITH DAN GEBBEN, ONE OF THE COMPUTER COUNCIL'S TALENTED CONSULTANTS.



~ TVCCA SENIOR CAFE SEPTEMBER MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% milk & whole grain bread are served with each meal. Menu is subject to change without notice.	1 BAKED ZITI WITH GROUND BEEF BROCCOLI CARROTS FRUIT COCKTAIL	2 CHICKEN WINGS BAKED BEANS COLESLAW FRESH FRUIT OR TUNA SALAD PLATTER	3 STUFFED SHELLS WITH MARINARA BROCCOLI WAX BEANS PEARS & MANDARIN ORANGES	4 SENIOR CENTER IS CLOSED HAVE A HAPPY, HEALTHY & SAFE HOLIDAY WEEKEND!
7  SENIOR CENTER IS CLOSED	8 LEMON GARLIC CHICKEN ROASTED POTATOES MIXED VEGETABLES PEACH CUP	9 SALISBURY STEAK BUTTERED NOODLES PEAS & CARROTS DANISH GRAPE JUICE OR HAM SALAD PLATTER	10 MANICOTTI WITH MARINARA GARLIC BREAD WAX BEANS & GREEN BEANS FRESH ORANGE	11 CRISPY BAKED CHICKEN MAC & CHEESE STEWED TOMATOES FRUIT COCKTAIL OR TURKEY COBB SALAD
14 SLOPPY JOES BAKED BEANS CHUCK WAGON VEGETABLES ORANGE JUICE CHOCOLATE CHIP COOKIE	15 APPLE CIDER BRAISED PORK LOIN MASHED SWEET POTATOES GREEN BEANS PINEAPPLE CUP	16 CELEBRATE LIFE LUNCHEON CHICKEN PICCATA RICE PILAF GARDEN SALAD APPLE SPICE CAKE \$7.00 PER PERSON REGISTER BY 9/9	17 TUSCAN BAKED CHICKEN SEASONED RICE ITALIAN VEG MEDLEY APPLESAUCE CUP	18 SWEDISH MEATBALLS BUTTERED NOODLES SLICED CARROTS FRESH ORANGE OR TUNA SALAD PLATTER
21 MEATLOAF WITH GRAVY MASHED POTATOES MIXED VEGETABLES FRESH FRUIT	22 PORTUGUESE CHICKEN SEASONED RICE & BLACK BEANS CHUCK WAGON VEG MEDLEY GRAPE JUICE CUPCAKE	23 PINEAPPLE GLAZED HAM MASHED SWEET POTATOES LONG BEAN MEDLEY PINEAPPLE CUP OR GREEK SALAD	24 MEXICAN BAKED COD WITH CORN SALSA MASHED POTATOES CAPRI VEGGIES APPLESAUCE CUP	25 CHICKEN SUPREME ROASTED POTATOES MIXED VEGETABLES PEARS & MANDARIN ORANGES OR HAM SALAD PLATTER
28 STUFFED CHICKEN CORDON BLUE RICE PILAF STEWED TOMATOES PEACH CUP	29 BEEF HOT DOG BAKED BEANS LONG BEAN MEDLEY FRESH ORANGE	30 ANNIVERSARY CELEBRATION POT ROAST MASHED POTATOES BROCCOLI SPEARS SPECIAL DESSERT \$7.00 PER PERSON REGISTER BY 9/23	Salads are still available on Wednesdays & Fridays throughout September! Please be sure to order salads <i>at least</i> 3 days in advance. The suggested voluntary donation for salads is \$4.00. 	

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$12.10. Please remember to make your reservation by 10am the day before you plan to come for lunch!

NAME _____

NEWS FROM THE COMMISSION ON AGING

The Commission on Aging studies the conditions and needs of elderly persons in the Town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters.

Members serve as a resource group to which Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly.

The Commission on Aging meets at the Senior Center on the second Monday of each month at 9:30 am, and the public is encouraged to attend. For more information, please contact Commission Chair Will Bigl at 860-429-0180.

OUR FUTURE TOMORROW LIES IN YOUR VISION TODAY

The Senior Center is a refuge for many Mansfield people. Without its enrichment their lives would be lonely and dull, devoid of sociability and human contact. Other Seniors use it as one facet of an already interesting, busy life. Some use it for travel, some for education, some for hobbies, some for lunch, some for games, etc. However you view the role of the Senior Center in your life, the fact is that the building is showing its age and needs your support. If you have come from or visited another town, you know our Center lacks many features that are standard elsewhere. A few people are studying what the Center should look like in ten or twenty years to accommodate a changing and growing senior population. Can you give one hour a month to explore possibilities? It is important to be ready when the town decides it is the strategic time to recognize the value of updating the Center to meet the times. What is your vision of the best Senior Center? Tell us and work with us the second Monday of each month at 2:00 pm at the Center. Hope to see you there!

For more information, please call Bettejane at 860-429-5279.

TRANSPORTATION INFORMATION

DO YOU NEED TRANSPORTATION?

**FREE TRANSPORTATION
TO MEDICAL & DENTAL APPOINTMENTS
IS AVAILABLE FOR MANSFIELD RESIDENTS
AGED 60 AND OLDER AND THOSE ADULTS
(18 YEARS OF AGE AND OLDER) WHO
RECEIVE SOCIAL SECURITY DISABILITY**

* Our drivers are available
Monday through Friday from 8:30AM - 4:30PM

* We kindly request 48-72 hours notice, although special exceptions for emergency requests will be made depending upon volunteer availability.

* For out-of-district medical transport (i.e. Glastonbury, Manchester, Norwich) 7-10 days notice is required.

**PLEASE CALL GIANNA STEBBINS,
TRANSPORTATION COORDINATOR,
AT 860-487-9877 FOR MORE INFORMATION**

DIAL-A-RIDE TRANSPORTATION
is available for Mansfield residents.
Please call 860-456-1462 at least **48 hours** in advance. This service is provided by the Windham Regional Transportation District.

Volunteer Drivers Needed!

We're looking for a few good drivers! Our volunteer transportation program is effective because of the wonderful group of volunteers currently providing transportation to home-bound seniors. Your availability is based totally on your schedule! You will be contacted on an as-needed basis and, if you are able to provide transportation, you will be provided with the details. There is a town car available for all volunteer driver use, although you are free to use your own vehicle with mileage reimbursement offered at 23.5 cents per mile. If you are interested in joining this caring group of individuals, please contact Gianna at 860-487-9877.



~ SEPTEMBER ~



MONDAY

**WE'RE
LOOKING FOR
CANASTA &
SET BACK
PLAYERS!
PLEASE CALL
KRISTEN AT
(860) 487-9874
IF INTERESTED!**

TUESDAY

1. 8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:00 SCRABBLE
10:00 INTERNET & SKYPE CLASS
11:00 PWR OF AGING
11:00 TRIP: ABBOTT'S
12:00 LUNCH
1:00 BINGO
2:30 COMPUTER COUNCIL MTG

WEDNESDAY

2. 9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
11:30 HERRMMAN BP
12:00 CAUSERIES
12:00 BIRTHDAY LUNCH
1:00 FUND. OF TAP


THURSDAY

3. 8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:15 SPARKETTES
11:30 FOODSHARE
12:00 LUNCH
12:30 PWR. OF AGING
12:30 TRIP: FASHION & FLOWERS
1:00 BRIDGE
1:00 JEWELRY
3:15 SR. AEROBICS

FRIDAY

4. **11:00 TRIP: BUELL'S ORCHARD**

SENIOR CENTER IS CLOSED


HAVE A HAPPY,
HEALTHY & SAFE
HOLIDAY WEEKEND!

7.



**SENIOR CENTER
IS CLOSED**

8.

- 8:30 STRENGTH & STABILITY
9:00 PODIATRIST
10:00 WII BOWLING
10:00 SCRABBLE
10:00 GENEALOGY
11:00 PWR OF AGING
12:00 LUNCH
1:00 BINGO
6:00 MS SUPPORT GROUP

9.

- 8:30 TRIP: MYSTIC**
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
11:00 LOW VISION
12:00 CAUSERIES
12:00 LUNCH
12:45 MSCA MTG
1:00 FUND. OF TAP
1:30 MSCA EXEC. Bd. MTG
7:00 TNT QUILTERS

10.

- 8:30 STRENGTH & STABILITY
9:30 TRIP: WEST FARMS MALL
10:00 WII BOWLING
10:15 SPARKETTES
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
3:15 SR. AEROBICS

11.

- 9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING & CROCHETING
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 ART STUDIO
5:00 DINNER & ENTERTAINMENT WITH BRUCE JOHN

14. 9:00 SR. AEROBICS
9:00 WALKING DVD
9:00 MINI SPA
9:30 COMMISSION ON AGING MTG
10:00 PC HELP
10:00 WII BOWLING
10:00 QUILTING
10:15 SPARKETTES
12:00 LUNCH
1:00 MAHJONGG
1:00 MOVIE GRP
1:30 CHORUS
2:00 COMMISSION ON AGING SUB-COMMITTEE

15.

- 8:30 STRENGTH & STABILITY
9:00 WALKIE TALKIES
10:00 WII BOWLING
10:00 SCRABBLE
10:00 SMARTPHONES MADE EASY
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO

16.

- 9:00 WALKING DVD
9:00 MASSAGE & REFLEXOLOGY
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
12:00 CAUSERIES
11:00 CELEBRATE LIFE LUNCHEON
1:00 FUND. OF TAP
3:00 CAREGIVER'S SUPPORT GRP

17.

- 8:30 STRENGTH & STABILITY
9:00 WALKIE TALKIES
10:00 WII BOWLING
10:15 SPARKETTES
11:30 FOODSHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
3:15 SR. AEROBICS

18.9:00 WALKING DVD

- 9:30 TRIP: THIMBLE ISLANDS**
10:00 SCRABBLE
10:00 KNITTING
10:00 PHOTO CLUB
10:30 LET YOUR YOGA DANCE
11:15 BRAIN AEROBICS
12:00 LUNCH
12:45 DUP. BRIDGE
1:00 ART STUDIO
1:00 CRAFT CLASS: CARDS & WALL HANGINGS



~ SEPTEMBER ~



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21. 9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 12:30 TRIP: SONNY'S PLACE 1:00 MAHJONGG 1:30 CHORUS	22. 8:30 STRENGTH & STABILITY 9:00 WALKIE TALKIES 9:00 PODIATRIST 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR. OF AGING 12:00 LUNCH 1:00 BINGO 3:30 DIABETES AND YOU	23. 9:00 WALKING DVD 9:30 TRIP: BIG E 9:30 WOOD CARVING 10:00 TAI CHI 10:00 WRITING GRP. 11:00 YOGA 12:00 CAUSERIES 12:00 LUNCH 1:00 FUND OF TAP 1:00 VNA EAST	24. 8:30 STRENGTH & STABILITY 9:00 WALKIE TALKIES 10:00 WII BOWLING 10:00 INTERNET TRAVEL PLANNING 10:15 SPARKETTES 12:00 LUNCH 12:30 PWR. OF AGING 1:00 BRIDGE 1:00 JEWELRY 1:00 MONEY SMART FOR OLDER ADULTS 3:15 SR. AEROBICS	25. 9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:30 SIT & GET FIT 11:00 TRIP: SHARPE HILL VINEYARD 12:00 LUNCH 1:00 ART STUDIO 1:00 CRAFT CLASS: DECOUPAGE VASES
28. 9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 WII BOWLING 10:00 QUILTING 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG 1:30 CHORUS	29. 8:30 STRENGTH & STABILITY 9:00 WALKIE TALKIES 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR. OF AGING 12:00 LUNCH 1:00 BINGO	30. 9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI 10:00 WRITING GRP. 11:00 YOGA 12:00 CAUSERIES 12:00 ANNIVERSARY CELEBRATION & LUNCHEON 1:00 FUND OF TAP	<div> IN OUR COMMUNITY </div> <div> TAG—BAKE—BOOK SALE </div> <div> Jensen's Rolling Hills Community 55 Middle Tnpke (Route 44), Storrs Lunch will be available. </div> <div> SATURDAY, SEPTEMBER 19TH FROM 9:00AM-2:00PM RAIN OR SHINE </div>	

~ SAVE THESE DATES ~

Internet Safety & Security Class

~ October 1st from 10am-12pm ~

Flu Clinic

~ October 1st from 1:00-3:00pm ~

Pumpkin Fest

~ October 13th from 11:00am-2:00pm ~

MSCA 3rd Wednesday Lunch & Entertainment

~ October 21st from 12:00-1:00pm ~

NEW Hearing Clinic

~ October 22nd at 11:00am ~

UConn Health Fair

~ October 28th from 1:00-3:30pm ~

AARP Safe Driving Class

~ October 30th from 9:00am-1:00pm ~

BOOK SALE

Sponsored by The Friends of the Mansfield Library, this is a large sale held in the auditorium at the library. Also included are CDs, DVDs, audio books, videos, classic books, a large selection of children's books, and a "specials" area with good, high value books.

SATURDAY, SEPTEMBER 26TH

FROM 9:00AM-4:00PM

&

SUNDAY, SEPTEMBER 27TH

FROM 9:00AM-3:00PM



ADULT & SENIOR SERVICES AND RESOURCES

KATHY ANN EASLEY
ADULT SERVICES/ SOCIAL WORKER
860-487-9873

SARAH DUFRESNE
OUTREACH SOCIAL WORKER
860-487-9875

HUMANSERV@MANSFIELDCT.ORG



SERVICES INCLUDE:

INTAKE AND ASSESSMENT

BENEFITS CHECK UP

COORDINATION OF
SERVICES / CASE MANAGEMENT

CHOICES / MEDICARE COUNSELING

CRISIS INTERVENTION

INFORMATION AND REFERRAL
TO AREA PROGRAMS

MEALS ON WHEELS
REFERRALS

ADVOCACY
(INCLUDING DSS ISSUES,
HOUSING, FINANCIAL)

FOOD PANTRY

HOME CONSULTATIONS
ARE ALSO AVAILABLE

The Social Workers are available to assist Mansfield residents connect individuals with services and programs that are available within the community.

This free service promotes independence and self-sufficiency by providing needs assessment, follow up services, advocacy, benefits counseling, as well as information and referrals.

FRIENDLY REMINDERS

The **Renter's Rebate Program** ends **October 1st**

Mobile Food Share will be at Wright's Village
on **September 3rd & September 17th**
from **11:30am-12:15pm**

The **ACCESS Community Action Agency**
is now making appointments for **Energy Assistance**.
Contact ACCESS at 860-450-7400
1315 Main Street, Suite 2, Willimantic, CT 06226

It is almost time to review your Medicare Part D
prescription drug plan or Part C Advantage Plan for
2015. **Open Enrollment is October 15th**
through December 7th

Dealing with Low Vision?
Join our Low Vision Group
for support, friendship and helpful tips.
September 9th from 11:00am-12:00pm

**Caring for a parent, spouse or disabled
adult child? Join our Caregiver's Group**
for support and confidential
conversation with peer caregivers.
September 16th from 3:00-4:00pm



*Looking to make a child smile this
Holiday Season? Please consider making a
donation to The Mansfield Holiday Program!*

NEWSLETTER SPONSORS

DAINTON ELECTRIC
MANSFIELD CENTER, CT
LICENSE #E-1 125047
TEL: 860-456-3114

FERRIGNO-STORRS REALTORS LLC
PAT FERRIGNO
1734 STORRS RD, STORRS
860-377-4333

ANDREW MAINES CONSTRUCTION
HOME IMPROVEMENTS LG/SM
LICENSED AND INSURED
STORRS, CT 860-208-2687



FUTURE NEWSLETTER SPONSORS

FOUR LINES FOR 12 ISSUES IS \$100.00. BUSINESS CARD SIZE FOR 12 ISSUES IS \$300.00

Karen L. Taylor, at 860-429-3315 or Email: HumanServ@mansfieldct.org



PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!

SENIOR SPARKS NEWSLETTER
Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268

PRE-SORT STANDARD
U.S. POSTAGE **PAID**
MANSFIELD CT
PERMIT #5

POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY

CURRENT RESIDENT OR

PUT LABEL
IN THIS BLOCK

Sparks Subscription

Please Note:

The date on your label is your renewal date.

Date: _____ Phone: _____

Name: _____

Mailing address: _____

Town: _____ ZIP: _____

Renewal: _____ New: _____

\$12.00 First Class

Amount Enclosed: _____

(Please make checks payable to MSCA)

Mansfield Senior Center
Attn: Kathy Rule
303 Maple Rd
Mansfield CT 06268



SUNDAY, SEPTEMBER 20TH

12:00-4:00PM

ON THE TOWN SQUARE

PARADE, MUSIC, GAMES, CRAFTS
FOOD & MORE!

THIS FESTIVAL IS FREE
AND OPEN TO THE PUBLIC!